



YuCount News

Yuma County Employee Newsletter

Volume 13 - Issue No. 2

Cindy Joslin, Editor—Board of Supervisors

February 2010

**Yuma County
Employee
Appreciation
Picnic
April 17, 2010**

We are seeking volunteers to help with the festivities. If you would like to volunteer, please contact
**Adam Rodriguez
373-1162**

Exercise for weight loss: Calories burned in 1 hour

By Mayo Clinic staff

Being active is an important part of any weight-loss or weight-maintenance program. When you're active, your body uses more energy (calories). And when you burn more calories than you consume, you lose weight.

Because 3,500 calories equals about 1 pound (0.45 kilogram) of fat, you need to burn 3,500 calories more than you take in to lose 1 pound. So if you cut 500 calories from your diet each day, you'd lose about 1 pound a week (500 calories x 7 days = 3,500 calories). Exercise along with cutting calories helps boost your weight loss. Exercise is also important for maintaining your weight and not regaining weight.

For most healthy adults, the Department of Health and Human Services recommends:

1. At least two hours and 30 minutes a week of moderate aerobic activity (think brisk walking or swimming) or one hour and 15 minutes a week of vigorous aerobic activity (such as running) — preferably spread throughout the week.
2. Strength training exercises at least twice a week.

As a general goal, include at least 30 minutes of physical activity in your daily routine. If you want to lose weight, maintain weight loss or meet specific fitness goals, you may need to increase your activity even more. This chart shows the estimated number of calories burned while doing various exercises for one hour. Specific calorie expenditures vary widely depending on the exercise, intensity level and your individual situation.

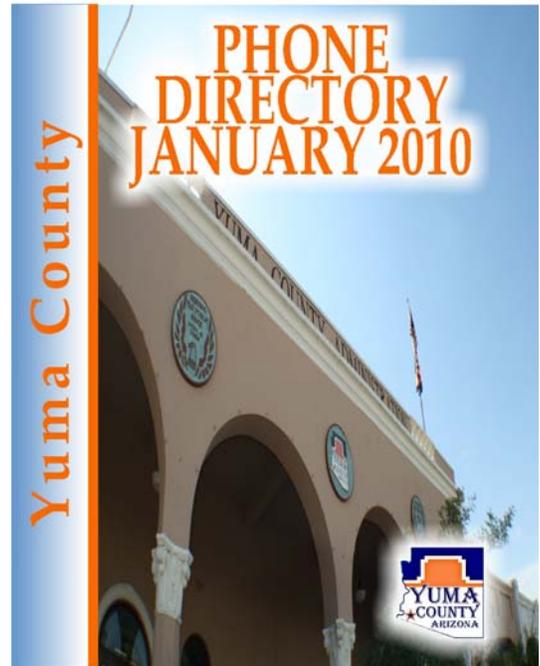
Activity (1-hour duration)	Weight of person and calories burned		
	160 pounds (73 kilograms)	200 pounds (91 kilograms)	240 pounds (109 kilograms)
Aerobics, high impact	511	637	763
Aerobics, low impact	365	455	545
Aerobics, water	292	364	436
Backpacking	511	637	763
Basketball game	584	728	872
Bicycling, < 10 mph, leisure	292	364	436
Bowling	219	273	327
Canoeing	256	319	382
Dancing, ballroom	219	273	327
Football, touch, flag, general	584	728	872
Golfing, carrying clubs	329	410	491
Hiking	438	546	654
Ice skating	511	637	763
Jogging, 5 mph	584	728	872
Racquetball, casual, general	511	637	763
Rollerblading	913	1,138	1,363
Rope jumping	730	910	1,090
Rowing, stationary	511	637	763
Running, 8 mph	986	1,229	1,472
Skiing, cross-country	511	637	763
Skiing, downhill	365	455	545
Skiing, water	438	546	654
Softball or baseball	365	455	545
Stair treadmill	657	819	981
Swimming, laps	511	637	763
Tae kwon do	730	910	1,090
Tai chi	292	364	436
Tennis, singles	584	728	872
Volleyball	292	364	436
Walking, 2 mph	183	228	273
Walking, 3.5 mph	277	346	414
Weightlifting, free weight, Nautilus or universal type	219	273	327

Adapted from: Ainsworth BE, et al. Compendium of physical activities: An update of activity codes and MET intensities. *Medicine & Science in Sports & Exercise*. 2000; 32(suppl): S498.

Let's Go Hawaiian

**Yuma County
Employee
Appreciation
Picnic
April 17, 2010**

**New County Phone
Directories are out!
Did you
recieve yours?**



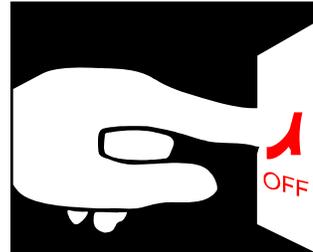
Click here to view

**Yuma County
Employee of the Year
Ceremony Is Near!**

**Do you have
your nominees
Ready?**

For more
information
regarding
submissions call
our Human
Resource Dept.
@
373-1013

HELP CONSERVE ENERGY



Please...
**TURN OFF
LIGHTS**

Recipe: Lasagna

Dietitian's tip:

This Italian favorite has less fat and calories, but all of the taste. Using low-fat cheeses and extra-lean



ground beef saves 100 calories and 10 grams of fat per serving.

By Mayo Clinic staff

Serves 8

Ingredients

- 1 pound extra-lean ground beef
- 1 onion, chopped
- 1 1/2 teaspoons dried basil
- 3/4 teaspoon oregano
- 3/4 teaspoon garlic powder
- 1 can (6 ounces) unsalted tomato paste
- 1 can (8 ounces) unsalted tomato sauce
- 3 1/2 cups water
- noodles
- 1 cup low-fat cottage cheese
- 3 cups shredded low-fat mozzarella cheese

Directions

Preheat the oven to 325 F. Lightly coat a 9-by-13 pan with cooking spray.

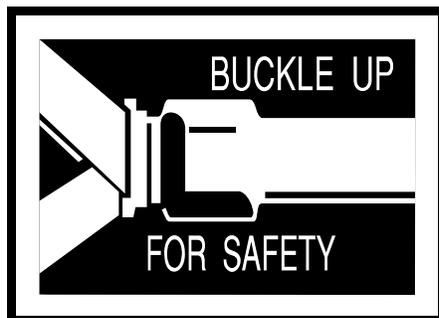
To make the sauce, in a large saucpan combine the ground beef

and onion. Cook over medium heat until the ground beef is browned and onion is translucent. Drain well. Add the basil, oregano, garlic powder, tomato paste, tomato sauce and water. Stir to mix evenly. Bring to a boil, reduce heat and simmer for 10 minutes.

Put 1/2 cup of the sauce in the bottom of the prepared pan. Cover with a layer of uncooked lasagna noodles, 1/3 of the remaining sauce, 1/3 cup cottage cheese and 1 cup mozzarella cheese. Repeat until the ingredients are used up. Cover with aluminum foil and bake until the noodles are soft and the cheese is lightly browned, about 1 hour and 20 minutes.

Nutritional Analysis (per serving)

Calories	400	Cholesterol	100 mg
Protein	35g	Sodium	690 mg
Carbohydrate	38g	Fiber	2 g
Total fat	15g	Potassium	568 mg
Saturated fat	8 g	Calcium	326 mg
Monounsaturated fat	5 g		



County Administrator's Office

Desarae Doten

Michelle Camacho

Nancy V. Valenzuela

Development Services

Thor Toepher

Assessor's Office

Misty Seballos

Superior Court

Kathleen Schaben

Treasurer's Office

Theresa Bucsko

Legal Defender's Office

Cid Kallen

Choose adobe interior walls for your home. They will increase your home's thermal mass, which will reduce heat loss and help cut your energy use.

Happy February Birthdays

**FEB-01**

Hill, Scott-Sheriff

FEB-02

Fabian, Ricardo-Sheriff
Fischer, Amy-Juv. Ct.
McGee, Edward-Pub.
Def.
Rangel, Cande-Gen.
Serv.
Sears, Michael-Health
Woodall, Thomas-DDS

FEB-03

Castro, Maggie-DDS
Martinez, Rachel-Treas.

FEB-04

Gonzalez, Regina-Health
Hernandez, Antonio-Pub.
Works
Sullivan, Allyson-Co. Attor.

FEB-05

Madrill, Patricia-Hum. Res.
Mercer, Brittany-Adult
Prob.
Oberosler, Robert-Sheriff
Rodriguez, Enrique-Clerk of
Sup. Ct.

FEB-06

Herrera, Francisca-Co. Attor.
Martinez, Maria-Co. Attor.
Rivera, Reynaldo-Public
Works
Williams, Joshua-Juv. Ct.

FEB-07

Conwill, Terry-Public Works
Gartner, Lauren-Public Fid.
Guerrero, Ramon-Gen. Serv.
Haire, Brenda-Assessor

Hardy, Timothy-Juv. Ct.
Hurtado, Selene-DDS
Vasquez, Carol-Clerk of
Sup. Ct.

FEB-08

Bowen, Renae-Sheriff
McCloud, Joy-Assessor
Waddell, James-Sheriff

FEB-09

Blackwell, Jeffrey-Sheriff
Callahan, David-Sheriff
Davis, Jeff-Sheriff
Ellis, Rhonda-Clerk of Sup.
Ct.

FEB-10

DuShane, Tracey-Library
Goetz, Steven-Juv. Ct.
Holten, Stacey-Library
Moore, Sylvia-Library

FEB-11

Gradillas, Arthur-Constable
Kautzer, Cristal-Sch. Supt.
Vasquez, Eric-I.T.S.

FEB-12

Guthrie, John-Public Def.
Pitotti, Katherine-Sup. Ct.

FEB-13

Johnson, Robin-Sup. Ct.
Mendez, Leo-Juv. Ct.
Montgomery, James-Justice
Ct.

FEB-14

Humphrey, Thomas-Sheriff
Vasquez, Tammy-Fin. Serv.

FEB-15

Martinez, Misael-Hum. Res.
Ramos Juarez, Daniel-
Library
Riedel, Michael-Sheriff

FEB-16

Cardenas, Julieta-Health
Cook, Jerry-DDS
Jackson, Valerie-Co. Attor.
Stansbury, Monty-DDS
Thomas, Kenneth-Sheriff

FEB-17

Burke, Christopher-Sheriff
Mendez, Martin-Adult Prob.
Mercado, Karisha-Sheriff

FEB-18

Buckley, Debra-Clerk of
Sup. Ct.
Figueroa, Cesar-Juv. Ct.
Miller, Freeman-Health
Thrush, Leticia-Juv. Ct.
Torres Lara, Raquel-Health

FEB-19

Gonzalez, Esmeralda-Sup.
Ct.
Johnson, Willie-Sup. Ct.
Monjardin, Ricardo-Housing
Rodriguez, David-Sheriff

FEB-20

Berg, Robyn-Assessor
Espinoza, Miguel-Sheriff
Torres, Jessica-Adult Prob.

FEB-21

Centeno, Monica-Co. Attor.
Garro, Jeanne-Justice Ct.
Northcutt, Susan-Justice Ct.

Cont'd B-Day List

Veloz, Diana-DDS
Walker, Wendell-Sheriff

FEB-22

Amadisto, Israel-Sheriff
Amon, Jason-Sheriff
Burruei, Martha-Health
Figueroa, Roberto-Juv. Ct.
Loza, Martha-Library
Sanchez, Victor-Library

FEB-23

Bishop, Veda-Hum. Res.
Kiholm, Stephen-Co. Attor.
McLoughlin, Blanca-Library
Pendleton, Robert-Public
Works
Romero Zaragoza, Roberto-
Juv. Ct.
Senkle, Lisa-Sheriff

FEB-24

Hearne, Earl-Sheriff
Jarvis, Albert-Juv. Ct,
Karnopp, Victoria- Public
Works
Taylor, Elaine-DDS

FEB-26

Lugo, Ernesto- Constable
Magnusen, Sylvia-Health
Nunez, Olga-Recorder

FEB-27

Rios, Sandra-Juv. Ct

FEB-28

Miranda, Patsy-Library
Nelson, John-Sup. Ct.
Prochaska, Casey-BOS
Wisdom, Sarah-Library



Birth

Hepatitis B vaccine

The first dose of hepatitis B vaccine is usually given at birth. A second dose is given at least one month after the first dose.

Age 2 months

Rotavirus vaccine

Diphtheria, tetanus and acellular pertussis vaccine (DTaP)

Haemophilus influenzae type b vaccine (Hib)

Pneumococcal conjugate vaccine (PCV)

Inactivated poliovirus vaccine (IPV)

At age 2 months, a series of several vaccinations usually begins. Combination vaccines are generally recommended to reduce the number of shots.

Age 4 months

Rotavirus vaccine

Diphtheria, tetanus and acellular pertussis vaccine (DTaP)

Haemophilus influenzae type b vaccine (Hib)

Pneumococcal conjugate vaccine (PCV)

Inactivated poliovirus vaccine (IPV)

At age 4 months, follow-up doses to those vaccines received at age 2 months are usually given.

Age 6 months

Hepatitis B vaccine

Rotavirus vaccine

Vaccines schedule for children



Childhood vaccines offer protection from a variety of serious or potentially fatal diseases. Know which vaccines your child needs now and which vaccines are coming up.

By Mayo Clinic staff

Wonder which vaccines your child needs? It can be confusing, especially when new vaccines are developed and added to the schedule. Complicating matters is that many vaccines require several doses — and sometimes, a child can get off schedule due to shortages of vaccines or other issues.

Use the lists below to find out which vaccines your child should have now and which vaccines are coming up, based on recommendations from the Centers for Disease Control and Prevention. If your child misses a dose of a particular vaccine, ask your child's doctor about catch-up vaccines.

Birth to age 18 months

New Hires

ASSESSOR

Flor Archiniega
Clerk II

Elizabeth C. Johnson
Provisional Appraiser I

Kirby A. King
Provisional Appraiser I

CLERK OF SUPERIOR COURT

Ramon Molina
Court Services Assistant I

Cynthia Navarro
Courtroom Clerk III

GENERAL SERVICES

Ricardo Perez
Custodian

HEALTH
Jocelyn Heydt
Clerk II

HUMAN RESOURCES
Mayra Parra
Benefits Representative

JUSTICE OF THE PEACE #3

Reyna A. Ortiz
Justice Clerk I

JUVENILE COURT

Juan L. Rodriguez
Detention Officer I

Scott Watkins
Detention Officer I

Joshua G. Williams
Detention Officer I

LIBRARY

Araceli Hermoso-Palacios
Library Assistant I

Monica G. Parades-Ramirez
Library Assistant I

Alicia Robles
Library Assistant I

PUBLIC WORKS

Sandy LaLonde
Office Specialist II

Diphtheria, tetanus and acellular pertussis vaccine (DTaP)

Haemophilus influenzae type b vaccine (Hib)

Pneumococcal conjugate vaccine (PCV)

Inactivated poliovirus vaccine (IPV)

At age 6 months, another round of the vaccines given at 2 months and 4 months is usually given.

A yearly seasonal influenza vaccine, preferably given in the fall, is also recommended beginning at age 6 months. The first time your child is vaccinated for the flu, he or she will need two doses of the vaccine spaced one month apart. In the following years — or if your child has his or her first flu vaccine at age 9 or older — only one dose of the vaccine is needed. For infants, the flu vaccine is given as a shot.

Ask your child's doctor about a yearly H1N1 vaccine.

Age 12 months

Haemophilus influenzae type b vaccine (Hib)

Pneumococcal conjugate vaccine (PCV)

Measles-mumps-rubella vaccine (MMR)

Chickenpox (varicella) vaccine

Hepatitis A vaccine

The final doses of both Hib and PCV vaccines and the first doses of MMR and varicella vaccines are usually given between ages 12 months and 15 months. In addition, two doses of the hepatitis A vaccine — spaced at least six months apart — are

Yucount Information

Deadline:

2nd Friday of every month

Contact:
Cindy Joslin
County Administration
373-1106
cindy.joslin@co.yuma.az.us

usually given between ages 12 months and 23 months.

Age 15 months

Diphtheria, tetanus and acellular pertussis vaccine (DTaP)

The fourth dose of DTaP is usually given between ages 15 months and 18 months. In some cases, the fourth dose can be given as early as age 12 months — as long as it's been six months since the last dose.

Age 2

Pneumococcal conjugate vaccine (PCV)

Hepatitis A vaccine

Meningococcal conjugate vaccine (MCV4)

Between ages 2 and 6, children in high-risk groups may need an additional dose of pneumococcal conjugate vaccine or hepatitis A vaccine. Children in high-risk groups may also need one dose of meningococcal conjugate vaccine, possibly followed by a second dose three years later. Ask your child's doctor if your child needs these vaccines.

Remember, a yearly seasonal flu vaccine is recommended beginning at age 6 months. For younger children, the flu vaccine is given as a shot. For otherwise healthy children and adolescents age 2 or older, the vaccine may be given as a nasal spray. Ask your child's doctor about a yearly H1N1 vaccine.

Age 4

Diphtheria, tetanus and acellular pertussis vaccine (DTaP)

Inactivated poliovirus vaccine (IPV)

Measles-mumps-rubella vaccine (MMR)

Chickenpox (varicella) vaccine

The final doses of DTaP, IPV, MMR and varicella vaccines are usually given before a child begins kindergarten. Many states require proof of current vaccinations before allowing school enrollment.

Ages 7 to 18 years

Age 7

Meningococcal conjugate vaccine (MCV4)

Pneumococcal polysaccharide vaccine (PPSV)

Hepatitis A vaccine

Between ages 7 and 10, children in high-risk groups may need one dose of meningococcal conjugate vaccine, possibly followed by a second dose five years later. Between ages 7 and 18, children in high-risk groups may need one dose of pneumococcal vaccine and possibly two doses of hepatitis A vaccine. Ask your child's doctor if your child needs these vaccines.

Remember, a yearly seasonal flu vaccine is recommended through age 18. Your child may need one or two doses of the vaccine, depending on his or her age and whether he or she has received the flu vaccine before. Ask your child's doctor about a yearly H1N1 vaccine.

Age 11

Tetanus toxoid, reduced diphtheria toxoid and acellular pertussis vaccine (Tdap)

Meningococcal conjugate vaccine (MCV4)

Human papillomavirus vaccine (HPV)

At age 11 or 12, children who completed the childhood DTaP series are usually given a booster shot. In addition, a single dose of meningococcal conjugate vaccine is recommended for children at age 11 or 12 or for any adolescents ages 13 to 18 who haven't yet been vaccinated.

For girls, the HPV vaccine is recommended at age 11 or 12 to offer protection from the viruses that cause genital warts and most cervical cancers. It's given as a series of three injections over a six-month period. For boys, a three-dose series of HPV vaccine can be given between ages 9 and 18 to help prevent genital warts.



As an MMSI member, you have access to Mayo Clinic EmbodyHealth, a state-of-the-art personal health management portal where you can access claims lookup, health information, health management tools, health assessment, lifestyle and behavior change programs, and more.

www.YumaCounty.MMSIwellness.com



A comprehensive online resource Mayo Clinic EmbodyHealth personal health management portal provides you with the tools to take charge of your health. You will have access to an array of wellness information that will help you and your family reduce your health risks and maintain a healthy lifestyle. With this new tool you can:

- Look up claims status
- View and print your Explanation of Benefits (EOB)
- Identify health risks
- Learn healthy lifestyle behaviors
- Find reliable answers to health questions
- Search for a network provider
- And more ...

Making healthy change an easy choice Making a healthy change — such as losing weight, controlling high blood pressure, choosing when to seek medical care, even actively managing health benefits — is difficult, but critical to your health. Mayo Clinic EmbodyHealth wellness portal empowers proactive health and benefit management. It's an easy and effective way to help you live healthier and make better decisions when it comes to your health care dollars. Take the Mayo Clinic Health Assessment to evaluate your risks. Once you complete the health assessment, you will receive a Personal Action Plan identifying your health strengths along with steps for taking action for better health.



MEET THE FATS

Some are bad, some are better.

Fats 101

Fats are essential to give your body energy and to support cell growth. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones, too. Your body definitely needs fat – but not as much fat as most people eat.

These are the major fats in foods: saturated fats and *trans* fats (the “bad” fats), and monounsaturated fats and polyunsaturated fats (the “better” fats). The different fats have different characteristics. They can also have different effects on heart health.

	BAD FATS		BETTER FATS	
	Saturated Fats	<i>Trans</i> Fats	Monounsaturated Fats	Polyunsaturated Fats
Commonly Found in These Foods	<ul style="list-style-type: none"> • (Mainly from animals) Beef, lamb, pork, poultry with the skin, beef fat, lard, cream, butter, cheese, other whole- or reduced-fat dairy products • (Some from plants) Palm, palm kernel and coconut oils 	<ul style="list-style-type: none"> • Baked goods – pastries, biscuits, muffins, cakes, pie crusts, doughnuts and cookies • Fried foods – French fries, fried chicken, breaded chicken nuggets and breaded fish • Snack foods – popcorn, crackers. • Traditional stick margarine and vegetable shortening 	<ul style="list-style-type: none"> • Vegetable oils – olive, canola, peanut and sesame • Avocados and olives • Many nuts and seeds – almonds and peanuts/peanut butter 	<ul style="list-style-type: none"> • High in Omega-6 and Omega-3 (ALA) vegetable oils – soybean, corn and safflower Many nuts and seeds – walnuts and sunflower seeds • High in Omega-3 (EPA and DHA) Fatty fish – salmon, tuna, mackerel, herring and trout
Effect on Heart Health	<ul style="list-style-type: none"> • Raise bad cholesterol level • Foods high in saturated fats may also be high in cholesterol • Increase risk of heart disease 	<ul style="list-style-type: none"> • Raise bad cholesterol • May lower good cholesterol • Increase risk of heart disease 	<ul style="list-style-type: none"> • Reduce bad cholesterol • May lower risk of heart disease 	<ul style="list-style-type: none"> • Reduce bad cholesterol • May lower risk of heart disease
Characteristics	<ul style="list-style-type: none"> • Carbon atoms saturated with hydrogen atoms • Solid at room temperature 	<ul style="list-style-type: none"> • Created in an industrial process by adding hydrogen to liquid vegetable oils • Solid at room temperature • Contained in “Partially hydrogenated oils” 	<ul style="list-style-type: none"> • Have one double-bonded (unsaturated) carbon atom • Liquid at room temperature, but turn solid when chilled 	<ul style="list-style-type: none"> • More than one double-bonded (unsaturated) carbon atom • Liquid at room temperature and when chilled
Daily Limit	<ul style="list-style-type: none"> • Less than 7% of total daily calories • If you eat 2,000 calories a day, less than 140 calories (15 grams) can be from saturated fats 	<ul style="list-style-type: none"> • Less than 1% of total daily calories • If you eat 2,000 calories a day, less than 20 calories (2 grams) can be from <i>trans</i> fats 	<ul style="list-style-type: none"> • Total fats should be about 25% to 35% of total daily calories • Eat foods with monounsaturated or polyunsaturated fats instead of saturated or <i>trans</i> fats 	<ul style="list-style-type: none"> • Total fats should be about 25% to 35% of total daily calories • Eat foods with monounsaturated or polyunsaturated fats instead of saturated or <i>trans</i> fats

FAQs

Will eating “good” fats instead of “bad” fats help me lose weight?

No, all fats are equally high in calories relative to carbohydrate and protein. Regardless of the source, if you eat more calories than you need, you will gain weight. Replace the “bad” fats (saturated and *trans* fats) with the “better” fats (monounsaturated and polyunsaturated fats) to reduce your risk of heart disease. To avoid weight gain, control the total amount of calories you eat.

Are all foods labeled “*trans* fat-free” good for me?

Not necessarily. Foods labeled “*trans* fat-free” may still be high in saturated fats and/or low in nutrients. Consider sweets, fatty and salty foods as treats you eat only once in a while. Remember to check the fat content so you can stay within our recommended limits for total, saturated and *trans* fats.

the better
FATS
sisters™

Be kinder to your heart.



Visit: AmericanHeart.org/FaceTheFats
Call: 1-800-AHA-USA-1 or 1-800-242-8721
E-mail: inquiries@heart.org

Live Fat-Sensibly

Follow a healthy dietary pattern – one that balances the amount of calories you consume with the amount of calories you burn. Your diet should emphasize a variety of fruits, vegetables, and grain products, especially whole grains; fat-free and low-fat dairy products, legumes, poultry, and lean meats; and eat fish, preferably oily fish, at least twice a week. In addition, limit your consumption of beverages and foods with added sugars and snack foods, and choose and prepare foods with little or no salt. Choosing smaller portion sizes is also very important to control your total calories and weight.

Reading Foods Labels

Learning how to read and understand Nutrition Facts labels can help you make healthier choices.

As an example, for a 2,000-calorie diet:

- 40 calories per serving is considered low;
- 100 calories per serving is considered moderate; and
- 400 calories or more per serving is considered high.

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories 2,000 2,500

START HERE

CHECK THE TOTAL CALORIES

LIMIT THESE NUTRIENTS

Quick Guide to % DV
5% or less is low
20% or more is high

GET ENOUGH OF THESE NUTRIENTS

Key Words for Reading Food Labels

The table below provides some of the most commonly used health claims defined by the US Food and Drug Administration that can appear on food packages.

If a food claims to be ...	It means that one serving of the product contains ...
Fat	
Fat free	Less than 0.5 grams of fat
Low fat	3 grams of fat or less
Reduced fat or less fat	At least 25 percent less fat than the regular product
Low in saturated fat	1 gram of saturated fat or less, with not more than 15 percent of the calories coming from saturated fat
Lean	Less than 10 grams of fat, 4 grams of saturated fat and 95 milligrams of cholesterol
Extra lean	Less than 5 grams of fat, 2 grams of saturated fat and 95 milligrams of cholesterol
Light (lite)	At least one-third fewer calories or no more than half the fat of the regular product, or no more than half the sodium of the regular product
Cholesterol	
Cholesterol free	Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat
Low cholesterol	20 or fewer milligrams of cholesterol and 2 grams or less of saturated fat
Reduced cholesterol	At least 25 percent less cholesterol than the regular product and 2 grams or less of saturated fat

Eating In

Cooking and preparing meals at home allows for more control over the healthfulness of foods.

- Start smart with low-fat cookbooks or recipes.
- Choose liquid vegetable oils or nonfat cooking sprays, and avoid solid fats and shortenings.
- Instead of frying foods, which adds unwanted fat and calories, use cooking styles that add little or no fat to food – stir-fry, roast, grill, boil, poach, sauté and steam.

When your recipe calls for ...	Use this instead ...
Whole milk (1 cup)	1 cup fat-free or low-fat milk, plus one tablespoon of liquid vegetable oil
Heavy cream (1 cup)	1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain low-fat unsalted cottage cheese
Sour cream	Low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream, which is also available
Cream cheese	4 tablespoons soft margarine (low in saturated fat and 0 grams <i>trans</i> fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk if needed
Butter (1 tablespoon)	1 tablespoon soft margarine (low in saturated fat and 0 grams <i>trans</i> fat) or 3/4 tablespoon liquid vegetable oil
Egg (1)	2 egg whites; or choose a commercially made, cholesterol-free egg substitute (1/4 cup)
Unsweetened baking chocolate (1 ounce)	3 tablespoons unsweetened cocoa powder or carob powder plus 1 tablespoon vegetable oil or soft margarine; since carob is sweeter than cocoa, reduce the sugar in the recipe by 25%

Eating Out

Many restaurants offer delicious choices low in saturated fats, *trans* fats and cholesterol.

- Request smaller portions or share entrees. You'll save money and calories.
- Look for foods that are steamed, broiled, baked, grilled, poached or roasted.
- Ask for salad dressings, sauces and gravies to be served on the side.

Instead of ...	Try ...
Cream-based soups	Broth-based soups with lots of vegetables
Quiche and salad	Soup and salad
Buffalo chicken wings	Peel-and-eat shrimp
Bread, muffins, croissants	Melba toast, pita bread, whole-grain rolls
Fried chicken	Grilled chicken and a side salad
Cheeseburgers	Grilled chicken sandwiches, sliced meat sandwiches or even a regular hamburger with lettuce, tomato and onion
Chicken fried steak	Veggie burger
French fries	Baked potato, brown rice, steamed vegetables
Creamy coleslaw	Sautéed vegetables, steamed vegetables or tossed salad
Hot fudge sundae or ice cream	Nonfat yogurt, sherbet or fruit ice
Milkshake	Fruit juice, low-fat or fat-free milk, or diet soft drink



Library Events

Foothills Library

Since its formation in October 2009, the Foothills Library Quilting Club has created **10 quilts**. Now those quilts are going to a good cause.

Quilts for Kids, Inc. transforms discontinued and unwanted fabrics into quilts, and links design centers and other fabric sources nationwide to their communities to provide quilts for children battling cancer, AIDS, and other serious illnesses, as well as children who have been abused.

The Foothills Library Quilting Club will be putting the finishing touches on the first batch of quilts on Tuesday, February 9th, at 10:00 a.m. The quilts will be on display for public view before they are shipped to Quilts for Kids, Inc. headquarters in PA. The club plans to send quilts to Quilts for Kids, Inc. in several installments as projects are completed.

The inaugural meeting of the Foothills Library Live Poets Society will be held on Wednesday, February 10th, at 3:00 p.m. Bring your poems, or your poems in progress, for sharing, discussion, and gentle critiquing. Anita Phillips, former poetry editor for the Yuma Sun, will lead the discussion.

There is no charge to attend. Got computer questions? Get answers! On Friday, February 12th, the Foothills Library Computer Commandos will answer your beginner's level computer questions at 3:00 p.m. at the Foothills Library. We cannot fix or repair your computer, but we will offer guidance on basic computer functions.

Main Library

Learn about the history of the U.S. Army in Yuma on Friday, February 5th, at the Main Library.



Tammy Snook from the Yuma Quartermaster' Depot will discuss Yuma's rich history with the U.S. Army at 1:00 p.m. in Room B.

February Movies

Teens, visit the Main Library Tuesday afternoons in February and watch these new-to-DVD movies!

Feb. 9th @ 5:00 p.m. Stepfather A perfectionist stepfather is not what he seems. (PG-13)



Feb. 16th @ 5:00 p.m. Couples Retreat

Four couples think they are going to a dream resort in this Vince Vaughn comedy. (PG-13)

Feb. 23rd @ 5:00 p.m. Transformers 2: Revenge of the Fallen The Autobots war with the Decepticons on earth. (PG-13)



All movies will be shown in the Teen Room at the Main Library, 2951 S 21st Drive. For more information, contact Bryan Summers, Teen Librarian, at (928) 373-6487.

Procastinators' Corner

Do you have unfinished handiwork hiding in drawers and on shelves? Come to the Yuma Main Library on Wednesday, February 10th and 24th, and sit in the Procastinators' Corner! Work on your project and make friends with other crafters. You do not have to be a procrastinator to attend! Procastinators' Corner will be in Conference Room 160 from 1:00 p.m. - 3:00 p.m.

In conjunction with Procastinators' Corner, the Main Library will also host

Western Wednesdays!

February 10th @ 1:00 p.m. Destrý Rides Again (1939) A deputy (Jimmy Stewart) who's sworn not to shoot again takes on

a corrupt town boss and a sultry saloon singer. A delightfully funny Western. (NR) Room B

February 24th @ 1:00 p.m.
The Outlaw Josey Wales
A peaceful farmer turns vigilante when soldiers murder his family. (PG) 2nd floor Training Room

Strategic Planning for Development Success

Secure funding for your nonprofit organization! On Wednesday, February 10th, Yuma Nonprofit Resource Center with Yuma Area Nonprofit Institute and Alliance for AZ Nonprofits will present "Strategic Planning for Development Success" with Andrea Bereznak from 11:30 a.m. - 1:30 p.m. in Meeting Room C at the Yuma Main Library, 2951 S 21st Drive.

The presentation will address the basic steps to creating, implementing, and evaluating a strategic plan.

Andrea Bereznak is the Community Development Manager for Arizona Public Service's (APS) southwest region. Ms. Bereznak fosters relationships, derives collaborative solutions and addresses issues of community impact with local elected officials, business owners and community leaders. In addition, she manages all corporate giving for the APS service territory in Southwest Arizona. APS is the nation's 7th largest utility and serves approximately 1.1 million customers in 11 of Arizona's 15 counties.

Prices are as follows:

- \$15.00 for YANPI/Alliance members
- \$20.00 for non-YANPI/Alliance members

Includes lunch

The deadline for registration is Friday, February 5th at 5:00 p.m. Registration is available online at <http://guest.cvent.com/i.aspx?4W%2cM3%2c20cd148e-577d-4678-91ec-80ed53c2bded>

For more information, please contact Cecilia Young, Development Officer at the Yuma County Library District, at (928) 373-6465 or cyoung@yumalibrary.org

February 11th

Go behind the scenes and get the scoop on Yuma on Thursday, February 11th at the Main Library!

At 1:00 p.m., take a tour of the new Main Library. See everything from Booker Bear's Cave to where books are processed, including our automated check-in system and book sorter!

At 2:00 p.m., sit down for a presentation by the Yuma Visitors Bureau and learn about things to do in and around Yuma.

Saddle up, partner! The Main Library is proud to announce the formation of the Western Book Club! This book club celebrates a love of Westerns and allows you to read whatever book you want and as many books as you want (as long as it's Western-

themed), and say what you like about them. No required reading-just cowboys and coffee!

Put on your best duds and join us for the first meeting on Thursday, February 11th at 9:30 a.m. The club will continue to meet every second Thursday of the month at the Main Library.

There is no charge to attend. The Main Library is located at 2951 S 21st Drive. For more information, call (928) 314-2453.

Heritage Library



The Heritage Branch Library, 350 Third Avenue, will offer computer classes for beginners throughout the month of February.

Mouse Basics

New to computers? Start with this one-hour computer class for those with little or no computer experience. Friday, February 5th @ 10:00 a.m.

Microsoft Word

Learn how to create, edit, and format simple word processing documents. Friday, February 12th @ 10:00 a.m.

Searching the Internet with Linux

Bring your own laptop and have Linux installed for free! Friday, February 26th @ 10:00 a.m.

There is no charge to attend; however, space is limited and registration is required. For more information, and to register for a class, please call the Heritage Library at (928) 783-5415.

Wellton Library

February Activities

NEW - LIBRARY

HOURS: Tues., Wed. & Thurs. - 10am to 7pm
Fri. & Sat. - 10am to 5pm

CLOSED SUNDAY & MONDAY

Saturday - February 6th - Pioneer Day Fiesta DONATE A PIE!

Tuesdays

2/9, 2/16 & 2/23 @ 3 pm - Spanish GED

2/9 & 2/23 @ 9:30 am – 12pm - Reading Council English GED

2/9 @ 10:30 am - YC Health Dept. - Eating for a Healthy Heart

2/9 @ 5:30 pm Library Board of Trustees Meeting Main Library

2/16 @ 10 am - Arizona Nutrition Network Healthy Heart

Wednesdays

2/10, 2/17 & 2/24 @ 11 am - Storytime for ages 24 months to 5 years of age - call Deanna @ 785-9575 for themes

2/10, 2/17 & 2/24 @ 2:30 pm - Teen Time - call Audrey for

Specifics.

Thursdays

2/4, 2/11, 2/18 & 25 @ 10:30 am - 11:30 am Conversational Spanish

2/4, 2/11 & 2/18 @ 3:30 pm - 5:00 pm Principios de Inglés

2/25 @ 3:30 pm—5:00 pm - Club de Lectura “Del Saber”

Fridays

2/5 @ 10 am - Book Discussion “The Guernsey Literary and Potato Peel Society” by Patricia Schaeffer

2/15 @ 10 am - Book Discussion “The Lazy B” by Sandra Day O’Connor

2/5, 2/12, 2/19 & 2/26 @ 10:30 am - 11:30 am - Conversational Spanish

2/5, 2/12, 2/19 & 2/26 @ 12:30 pm - “Baby Time” - ages 0 - 24 months – teaching parents importance of reading and play to babies - call Deanna @ 785-9575 for details

2/5, 2/12, 2/19 & 2/26 @ 3:00 pm Spanish GED

Library is now collecting used cell phones for domestic abuse victims at Amberley’s Place.



*Sarah Wisdom
Community Relations Manager
Yuma County Library District*



CHRISTMAS AT ADULT PROBATION

As in past years, the staff at Yuma County Adult Probation Department has celebrated the Christmas season by reaching deep into their pockets and contributing to help make the holiday season a little more cheerful for those who are less fortunate.

For the third consecutive year, Adult Probation Staff played Santa for children from the Arizona Children's Association and showered those currently under the Foster Care Program with presents. In addition to her regular duties, Surveillance Officer Claudia Altamirano acted as the liaison between Adult Probation and Arizona Children's Association during the recent Christmas season and brought to APO the Gifts Of Hope Program. The organization provided Officer Altamirano with several cards that contained a child's (fictitious) name, gender, age, clothes size, etc., and that child's Christmas wish. Ages varied from new born to teenage. Officer Altamirano delivered the cards to APO staff and staff tried to "fill the order" by bringing new unwrapped gifts for their chosen angels. Gifts varied from clothes for new borns to a bicycle and everything in between. This year, Officer Altamirano's efforts resulted in smiles for 45 little angels who received a total of 135 new presents from APO staff. As previously stated, this is not new for APO. In 2008, Officer Altamirano's efforts resulted in the sponsorship of 66 foster care angels

who received a total of 198 presents from Adult Probation.

In addition to the GIFTS OF HOPE, since 1994 Adult Probation staff has provided Christmas baskets to families of indigent probationers. This year, in addition to their regular duties, the annual event was coordinated by Julie Burreson and Karla Garcia.

December 18th. On that afternoon, probationers received a telephone call from their supervising officers and instructed to report to the APO. No reason given, just an order to report. When they arrived, most had that "what did I do wrong?" expression. Upon arrival, recipients were escorted to their officer's cubical.



These baskets consisted of a large traditional Christmas dinner including a large turkey, potatoes, bread, pies, and vegetables. Also, several nice gifts for the families are also included. This is made possible through generous donations from APO staff as well as fund raising events held by APO throughout the year. No taxpayer dollars are ever used. Each December, APO staff is encouraged to search through their caseloads for probationers who have the neediest families and submit their names to Julie and Karla. This year, ten families were selected. The baskets, which are actually large cardboard boxes decorated with Christmas gift wrapping paper, were ready for pick up on

"Please accept this basket which we've prepared for your family" they were told. Their worried look quickly changed to joy and gratitude. Some even shed a few tears. You see folks, for many of our probationers and their families, this was the extent of their Christmas!

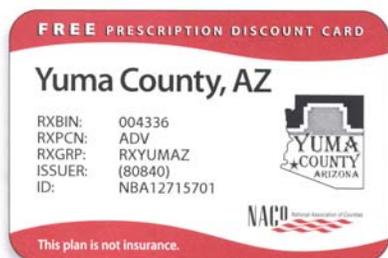
But that's not all! During the Christmas season several of our job bank employers gave many of our probationers the best present of all! The opportunity to provide for their families by earning a paycheck! Accurate Automotive Attention, Advanced Call Center Technologies, Safety Services Company, Yuma Mesa Fruit Growers Association, Lute's Casino, Ms. Onjira Ciresi and sever-

al others called APO requesting that we refer our job seekers for employment. Folks, most of these good people did not call for just one referral, they were requesting them in bulk! One employer hired 30 “hard to place” probationers in just one day! Needless to say, these individuals bought their own Christmas presents.

A GREAT BIG YUMA COUNTY THANK YOU!

to all who help bring a little cheer into the lives of those who, at least in this part of their lives, seem to have so little to celebrate!

*Submitted by
Frank J. Silva*



Tear off this card and
start saving today!

It's easy

Simply present your card, provided to you in a joint effort of your local county government and the National Association of Counties

(NACO), at a participating retail pharmacy and save an average of 20% on your prescription medicine. Finding a pharmacy is easy; 9 out of 10 pharmacies nationwide accept your discount card. No enrollment form, no membership fee, one card, immediate use.

No limits

You and your family may use your prescription discount card any time your prescription is not covered by insurance. There are no restrictions and no limits on how many times you may use your card.

Savings

Visit caremark.com/naco to look up a participating pharmacy, a price estimate for your prescription, check drug interactions, or read news articles from leading health journals. For more information, call toll-free 1-877-321-2652.



On April 3, 1917, the Yuma County Board of Supervisors adopted an Ordinance defining Vehicles, Drivers, Roads, Horse, and Motor Vehicles regulating traffic and Rights and Duties of Drivers and Pedestrians on the roads and highways of Yuma County.



+
“Vehicle” applied to a horse being ridden or led, and to any conveyance except a baby carriage. “Driver” applied to rider, driver or leader of a horse, and a person who pushes, draws, propels, operates or who is in charge of a vehicle. “Road” applied to that part of a street or public highway intended for vehicles. “Motor vehicle” applied to all vehicles propelled by power other than muscular, except for traction engine or road roller. The primary intention of the ordinance was to provide safety to pedestrians crossing streets and to the prevention of



endangerment caused by reckless driving. The ordinance stipulated that pedestrians should avoid interference with vehicular traffic and not step onto the road without first looking to see what is approaching.



Pedestrians were to cross the road at right angles and aid in expediting traffic on roads by keeping to the right, and when stopping for any purpose by doing so on one side and out of the way of passing vehicles. Good advice anytime!

*Submitted by
Ginger Hamilton
Yuma County Admin.*

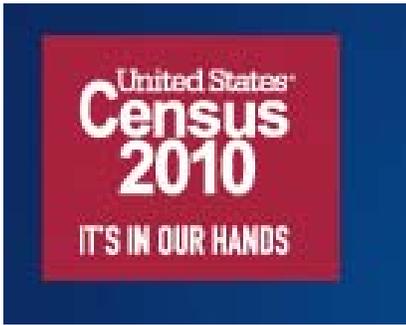


Eyecare is important.

Visit your VSP doctor.

- Quality, personalized care, year after year
- Wide selection of glasses and contacts
- Convenient locations and extended hours





The US Census/Yuma County Gears up for April 2010 Count

It's Census time again, and Yuma County is doing its part to promote as complete a count as possible for the 2010 Census. There are three reasons why a complete count for Yuma County is very important.

- Census numbers are used to determine the number of seats each state would have in the US House of Representatives.
- Census numbers and annual population estimates based on official Census numbers are used as part of the formula to determine the distribution of state shared sales taxes.
- Census numbers are used to decide how more than \$400 billion per year is allocated for projects like new hospitals and schools.

In order to encourage people to respond to Census Questionnaires, Yuma County is establishing Questionnaire Assistance Centers at all of the Yuma County

Libraries, at the Dateland and Gadsden Elementary Schools, and other locations in hard-to-count areas. The other cities and towns in the Yuma Region will also provide Questionnaire Assistance Centers.

Also, the local US Census Office is recruiting for local count assistance and count verification jobs. The Census is planning to hire around 4,800 people for our area! If you know of anyone looking for work, please have that person contact the US Census Office using the information below.

Call the Census 2010 toll-free jobs line at:
1-866-861-2010
928-388-6520
Fed Relay: 1-800-877-8339 TTY

Additional jobs information is also available at

www.2010censusjobs.gov. US Census jobs provide:

- GOOD PAY
- TEMPORARY, PART-TIME JOBS
- FLEXIBLE HOURS, UP TO 40 HOURS A WEEK
- MILEAGE REIMBURSEMENT (FOR FIELD JOBS)

Attached to this email is a flier explaining more about the 2010 Census in general. If any employees want more information about the 2010 Census, please visit the official 2010 Census site at

www://2010.census.gov/2

010census/ or contact Paul Melcher, Planning Director, at Paul.Melcher@yumacountyaz.gov. I will provide more information as April 1, 2010—Census Day—approaches.

BE COUNTED!

Edison failed more than 9,000 times before he achieved success.

If you've failed at quitting tobacco — try again. Call Mayo Clinic Tobacco Quitline. Quit for good.



Call Mayo Clinic Tobacco Quitline today.
www.mayoclinic.org

If you are buying an electric blender, choose one made of glass and stainless steel, rather than plastic. It will last longer and is less damaging to the environment to produce.



5th Annual Yuma County Golf Classic

United Way of Yuma County Benefit

Lunch,
Cash prizes for
1st, 2nd, & 3rd,
3 Drinks,
Range Balls,
Prizes,
Raffles,
Contests,
Golf Carts,
\$5 Mulligan,
\$5 Skins &
much more!

April 10, 2010

Free Golf Shirts
for each golfer
who registers by
March 5th.

THE YUMA CUP

New this year is the addition of the Yuma Cup which will be awarded to the team consisting of only Yuma County employees and has the lowest score compared to other Yuma County Employee teams. The winning team will receive their trophy and recognition at a County Board of Supervisors Meeting.

Contact Information and
Early Registration:

Ron Corbin: 373-1013
Ron.corbin@yumacountyaz.gov

Rick McKinney: 373-1151
Rick.McKinney@yumacountyaz.gov



Golf Registration Form:

5th Annual Yuma County Golf Classic for the United Way of Yuma County



Saturday, April 10, 2010
Desert Hills Golf Course



Event Information

- Registration Fee:** \$70—18 holes, including green fee, cart, range balls, 3 drink tickets, lunch, and winners' prizes. Mulligans & Skins \$5 each.
- Schedule:** Registration begins at 7:00 a.m. Shotgun start at 8:00 a.m. Scramble play. Awards and raffle drawings follow lunch.
- Entry Deadline:** All entries and fees are due to County HR by 5 p.m. on Friday, **April 2, 2010.**
- Lunch:** Sandwich Buffet following the tournament.
- Contact Information:** Ron Corbin at 373-1163 or Rick McKinney at 373-1151



Golf Shirt All entries received before **March 5, 2010** will receive a complimentary golf shirt. Please indicate size below.

Registration

Team Name and/or Sponsor
(4 person team):

Contact Name	Email & Phone #	Handicap/ Ave. Score	Shirt Size
Golfer's Name 1.			
Golfer's Name 2.			
Golfer's Name 3.			
Golfer's Name 4.			

Payment/Sponsor

- Sponsorship:** (Due by 4/2/10) Hole Sponsorship-\$125. Food or drink sponsorship-_____. Any individual, business or department may be a sponsor. For more information contact Ron or Rick.
- Payment:** Make all checks payable to the United Way of Yuma County. Cash is always accepted and welcome. All payments will be accepted at the Yuma County HR Department, 198 S. Main St., Yuma, AZ 85364
- Payment received:** Date: _____
Ck. # _____ Amount: _____